

Soy-Roasted Brussels Sprouts

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Palm Beach Post

Servings: 4

Start to Finish Time: 40 minutes

Oil for greasing the pan

1 1/4 pounds brussels sprouts, trimmed and halved

2 tablespoons peanut oil

2 tablespoons soy sauce

1 tablespoon Dijon mustard

black pepper

Preheat the oven to 350 degrees.

Lightly grease a 13x18-inch baking sheet.

Toss the brussels sprouts with the peanut oil, soy sauce, mustard and a little black pepper.

Transfer to the greased baking sheet in an even layer and roast until the sprouts are partially tender, about 15 minutes. Stir and raise the oven temperature to 400 degrees.

Continue to roast, stirring every 5 minutes or so, until the sprouts are browned and fully tender, 15 to 20 minutes.

Serve hot or warm.

Per Serving (excluding unknown items): 122 Calories; 7g Fat (48.5% calories from fat); 5g Protein; 12g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 593mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.